KEEP WHAT YOU'VE EARNED TRAINING PRESENTATION:
BAC LEVELS & FACTORS

SESSION 2 | 2013

DRINK RESPONSIBLY.
KEEP WHAT YOU'VE EARNED

WHAT ARE THE PHYSICAL EFFECTS OF A BAC LEVEL?

- Blood Alcohol Content/Concentration (BAC) is the amount of alcohol in a person's blood.
- Legal intoxication is defined as having a BAC of 0.08 or greater.
- Bodies burn or metabolize alcohol at a steady rate.
- The only thing that can lower a BAC is ***time***. There is no way to dilute the amount of alcohol in the body by drinking or eating other things.

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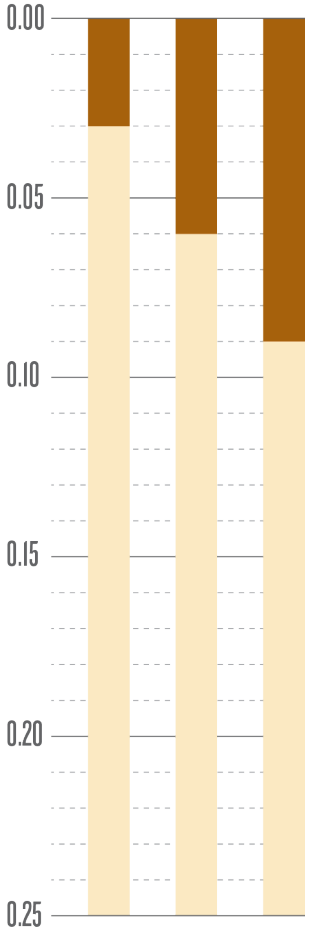

0.02 - 0.03 BAC

Mildly relaxed and maybe a little lightheaded.

0.04 - 0.06 BAC

Your behavior may become exaggerated and emotions intensified.

0.07 - 0.09 BAC

Judgment and self-control are reduced, and caution, reason and memory are impaired.
.08 is legally impaired and it is illegal to drive at this level. You will probably believe that you are functioning better than you really are.

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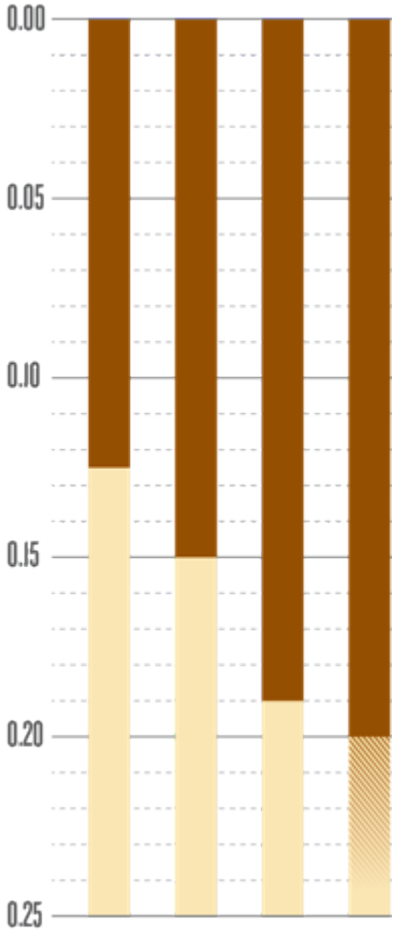

0.10 - 0.125 BAC

Significant impairment of motor coordination and loss of good judgment.

0.13 - 0.15 BAC

Gross motor impairment and lack of physical control. Blurred vision and major loss of balance.

0.16 - 0.19 BAC

Dysphoria predominates, nausea may appear. The drinker has the appearance of a "sloppy drunk."

0.20 BAC

Feeling dazed, confused or otherwise disoriented. May need help to stand or walk. Blackouts are likely at this level so you may not remember what has happened.

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WHAT IS A STANDARD DRINK?

A standard drink is any drink that contains about 14 grams of pure alcohol (about 0.6 fluid ounces or 1.2 tablespoons). Below are standard drink equivalents as well as the number of standard drinks in different container sizes for each beverage. These are approximate, as different brands and types of beverages vary in their actual alcohol content.

12 fl oz of regular beer = **8–9 fl oz of malt liquor** (shown in a 12 oz glass) = **5 fl oz of table wine** = **1.5 fl oz shot of 80-proof spirits** ("hard liquor"—whiskey, gin, rum, vodka, tequila, etc.)

about 5% alcohol | about 7% alcohol | about 12% alcohol | about 40% alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

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WHAT FACTORS AFFECT INTOXICATION?

- Body Weight/Body Type
- Strength of Drink
- Food
- Gender
- Medications
- Illness
- Fatigue

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DID YOU KNOW?

After a night of

heavy drinking,

your BAC level can still be high enough the next morning to

impair your driving.

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YOU'VE EARNED IT- DON'T WASTE IT

DRINK RESPONSIBLY, EVERY TIME:

- Plan ahead for a safe ride home.
- Don't try to "keep up" with others.
- Know your limit, before you get there.

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